

AD Budget Planning and
Human
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Subject Employee Assistance Program

It is a new year, a time for evaluating where, how and who you are. We hope you are feeling good about your health, relationships, work, and finances. If you are thinking about making some changes in your life, you can use the Employee Assistance Program (EAP) to get information or guidance. There are several ways you can benefit from this free, confidential program.

- Log on to the EAP website at <http://www.FOH4you.com>. Then you can simply click on the “**Enter**” button and have an incredible range of topics and tools at your finger-tips, ranging from self-assessments to interactive self-development programs to health information and child- and eldercare resources and information about depression, stress, and achieving a balance between work and the rest of your life.
- FOH offers two new EAP orientations, “We Care, Just Call: An Employee’s Orientation to the EAP” and “A Supervisor’s 24/7 Resource: A Supervisor’s Orientation to the EAP.” Both orientations are accessible under “My Benefits” section of the FOH4You home page and are available in video/VHS, DVD, and online through Media player.
- Participate in online seminars through the website above. You can register for those seminars on the website. Participant space is limited, first come first serve is applied, so register early.
- Call the toll-free number 1-800-222-0364 or TTY 1-888-262-7848. You can talk to a licensed mental health professional telephonically right then or arrange to meet a counselor at a time convenient for you for free consultation and coaching about how to make the changes you want. By calling these numbers, you can also arrange to speak with a financial or legal consultant about general concerns you may have.

If you have additional questions on contacting the EAP, please contact Kimm Slayton in the Headquarters Human Resources office at 703-358-2121.